

# Sample One Day Menu



## Breakfast

### CEREAL

- 1 cup cornflakes
- 1 tablespoon sliced almonds
- 1 tablespoon raisins
- 1 cup whole milk
- 1 slice whole-wheat toast
- 1 tablespoon jam
- 1 teaspoon margarine
- 1/2 cup orange juice



## Lunch

### TURKEY SANDWICH

- 1 French roll
- 2 oz. turkey
- 1 oz. Swiss cheese
- 1 slice tomato

These meal suggestions are intended to help with creating and maintaining a healthy diet. Foods high in calories and protein are important for individuals living with sickle cell disease.



## Dinner

### MEATLOAF

- 3 oz. meatloaf
- 1 medium baked potato
- 1 tablespoon margarine
- 4 tablespoons sour cream
- 1/2 cup green beans
- 1 tablespoon margarine, for green beans
- 1 dinner roll
- 1 tablespoon jam
- 1 tablespoon margarine, for roll
- 1 cup tossed green salad
- 2 tablespoons ranch dressing
- 1/2 cup ice cream
- 1/2 cup canned fruit cocktail

## Snack

- 4 chocolate-coated graham crackers
- 1 banana
- 1 cup whole milk



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# Living Well with Sickle Cell

## Menu



## Tips to Increase Calories

### BUTTER, MARGARINE, AND OILS:

- Melt butter or margarine over potatoes, rice, pasta, and cooked vegetables.
- Add melted butter or margarine to soups and casseroles. Also spread butter or margarine on bread for sandwiches before spreading sandwich spread or peanut butter.
- Sauté or stir-fry vegetables, meats, chicken, and seafood in olive or canola oil.
- Marinate meat, chicken, or fish in vegetable, canola, olive, or sesame oil before cooking.

### MILK AND DAIRY FOODS:

- Choose dairy products made from whole milk (cheese, yogurt, ice cream), instead of those made with nonfat or low-fat milk.
- Add whipped cream to desserts, pancakes, waffles, fruit, and hot chocolate.
- Fold heavy cream into soups and casseroles.
- Add sour cream to baked potatoes and vegetables.
- Add 1 to 2 tablespoons light cream to each glass of milk. Gradually switch from light cream to light whipping cream for more calories.

### SALAD DRESSING:

- Use regular (not low-fat or diet) mayonnaise and salad dressing on sandwiches and in dips with vegetables and fruit.



### BREADS AND PASTA:

- Choose breads and rolls that have fat added (such as crescent rolls, flaky biscuits, or egg bread), and try breads with nuts or seeds (such as sunflower seed bread).
- If you bake bread, use whole milk, eggs, and butter and add some ground nuts. You can either grind them yourself or buy them already ground.
- When making pancakes, French toast, or waffles, add cream, eggs, and butter.
- Make macaroni and cheese with cream instead of milk, and add extra cheese.

### SWEETS AND SNACKS:

- Add jelly or honey with butter to bread and crackers.
- Add jam to fruit and ice cream, and as a topping on cake.
- Choose snacks that are high in calories and low in volume (for example, a peanut butter cookie and half of a glass of milk).



## Why are calories important?

- To maintain healthy weight
- Provides energy for daily activities



## Why is protein important?

- Helps build strong bones and muscles
- Helps with creating new red blood cells

### MILK AND DAIRY FOODS:

- Serve cheese on toast or with crackers.
- Add cheese to toast, crackers, sandwiches, etc.
- Add grated cheddar cheese to baked potatoes, vegetables, soups, noodles, meat, and fruit.
- Serve cream sauces on vegetables and pasta.
- Add powdered milk to cream soups and mashed potatoes.
- Use whole-milk dairy products instead of those made with nonfat or low-fat milk.

### EGGS:

- Have hard-cooked eggs readily available in the refrigerator. Chop and add them to salads.
- Casseroles, soups, and vegetables. Make a quick egg salad.
- All eggs should be well cooked to avoid the risk of harmful bacteria.
- Add extra eggs to pancakes and waffles.

### MEATS, POULTRY, AND FISH:

- Add leftover cooked meats to soups, casseroles, salads, and omelets.
- Make dip by mixing diced and chopped/shredded meat with sour cream and spices.

### BEANS, PEAS, NUTS, AND SEEDS:

- Sprinkle nuts and seeds on cereals or fruit, ice cream, pudding, and custard.
- Also serve nuts and seeds on vegetables, salads, and pasta.
- Spread peanut butter on toast/bread, English muffins, and fruit; or blend it in a milkshake.
- Add beans and peas to salads, soups, casseroles, and vegetable dishes.